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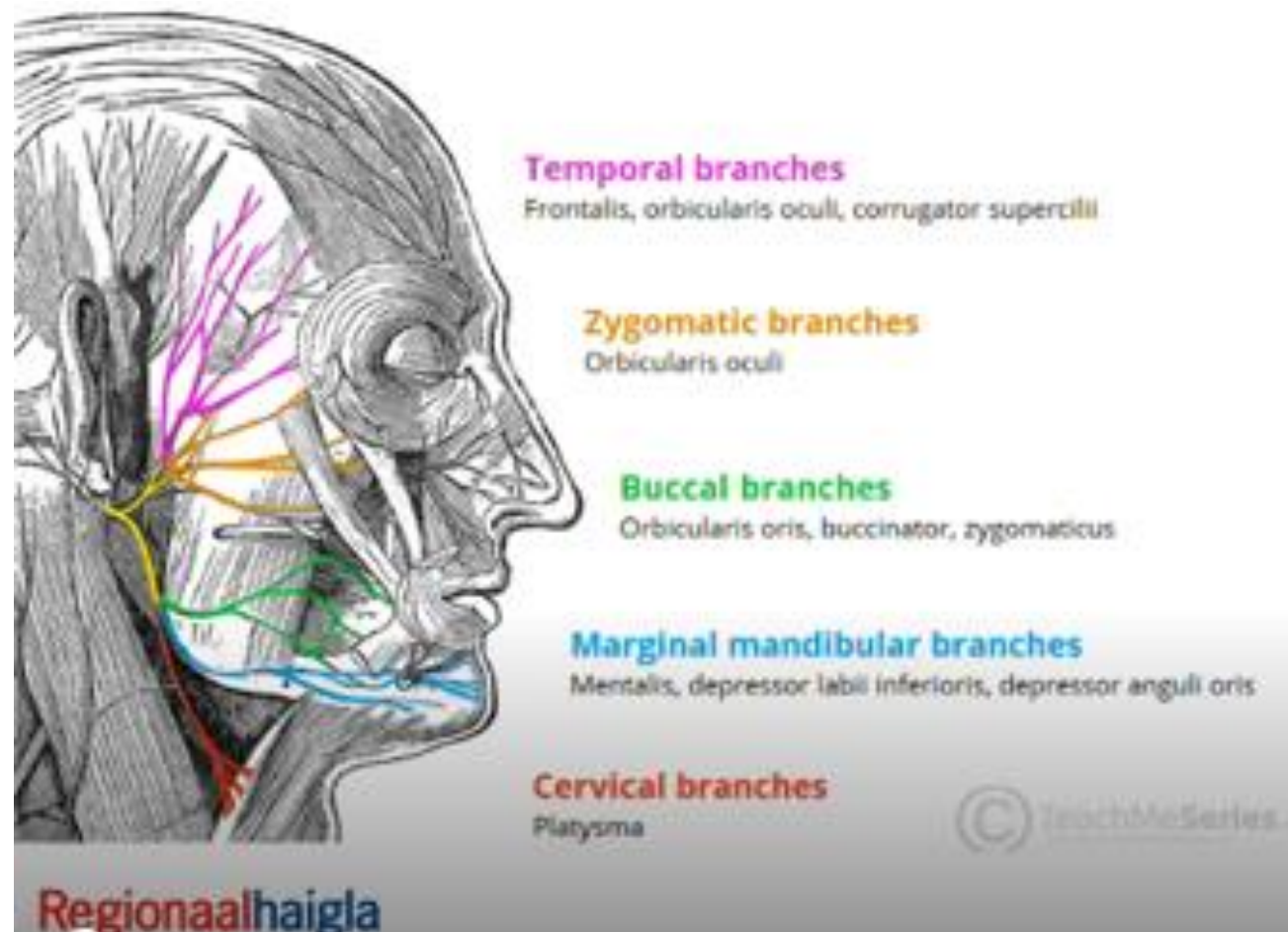




Patient Guide for Peripheral Facial Nerve Palsy in Flaccid Phase

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SHORT INTRODUCTION



- Peripheral facial nerve palsy (FP) → loss of facial movement on entire side
- Common causes → Bell's palsy, infections, trauma, tumors
- 60–70% of people with FP recover within 6–12 weeks.
- Recovery occurs in phases; early phase is critical
- Incorrect early management → risk of synkinesis
- Flaccid paralysis = no nerve–muscle connection
- Facial asymmetry and functional impairment affects Quality of Life
- Absence of current Estonian-language patient materials for peripheral facial palsy.



OBJECTIVE(S) AND METHODS

- Provide step by step guidance for patients and relatives
- Guide describes causes, severity, recovery phases
- Support nerve healing
- Maintain facial functions
- Prevent complications in early phase
- Synthesizes practical daily management



NB! Massaaži tuleks teha mõlemal näopoolel.
Kord päevas, iga päev.

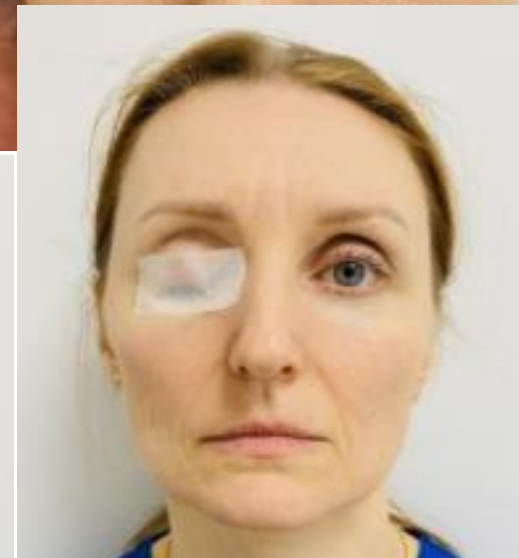
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METHODS – Focus Areas

- Eye protection and lubrication -Incomplete eye closure → dryness risk
Management: lubrication, manual blinking, night taping



- Oral hygiene
- Facilitation of speaking and eating
- Facial symmetry (massage, stretching)
- Mental health support

Terve näopoolle venitamine

- 1x/päevas
4-5x



- Lõdvestamine –
mõõdukas surve
tervele poolele





METHODS – What to Avoid



NO FACIAL EXERCISES in flaccid phase

No nerve connection = no movements

During recovery, intensive exercises may increase facial asymmetry and promote synkinesis.

NO ELECTRICAL STIMULATION in flaccid phase - **not helpful, hinder recovery** – overactivates the muscles, reinforces abnormal movement patterns and increases the risk of developing synkinesis.

- evidence suggests that electrical stimulation does not improve recovery and may even reduce normal nerve connections in the muscles. (Yoo 2023)

- It is also not cost-effective (equipment, time invested, outcomes achieved)





RESULTS

Guideline helps to

- Maintain eye and oral health
- Reduce facial asymmetry
- Prevent overactivity of unaffected side
- Improve daily functioning
- Support communication and eating
- Prevent synkinesis and abnormal movement patterns

Põselihased

- Jaota mõtteliselt 3-ks

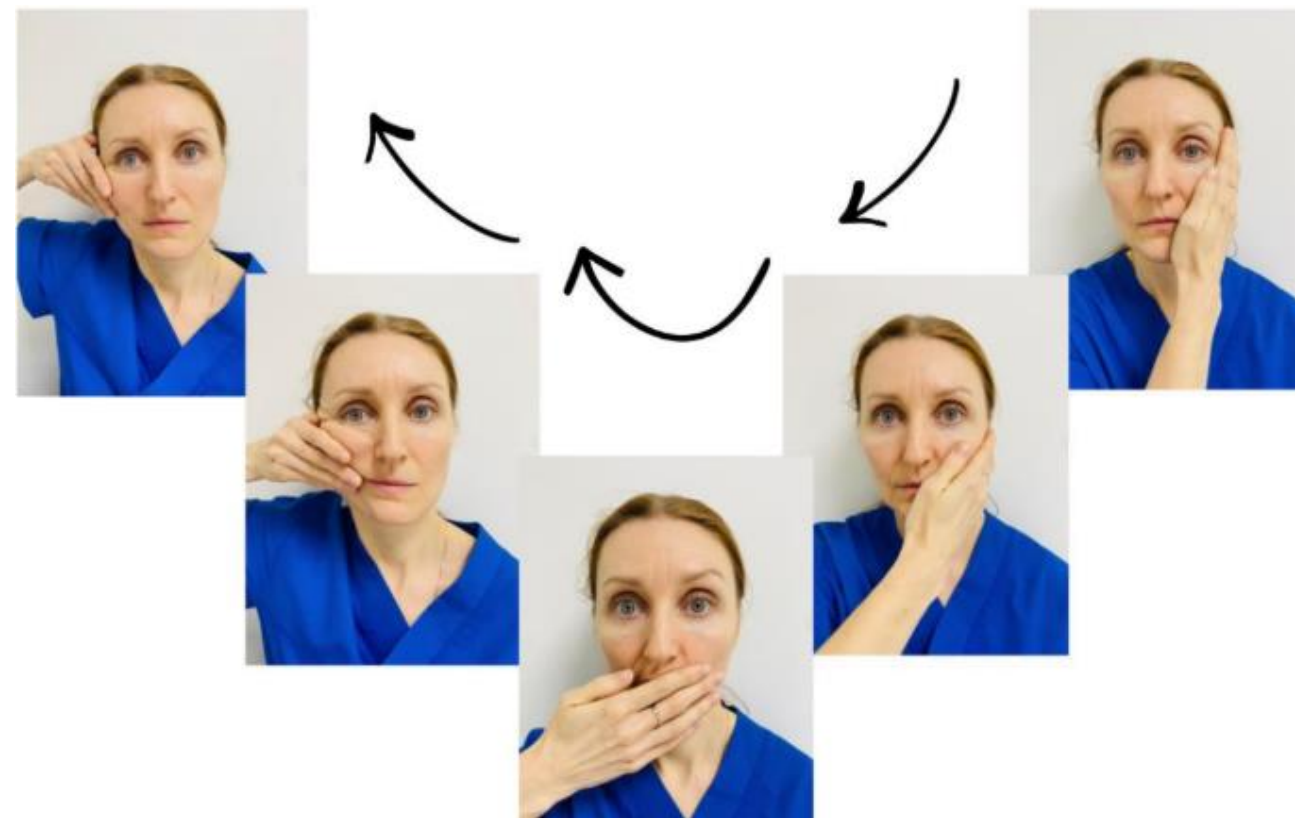


Iga piirkond 1 min.

- Keskmine



- Alumine





CONCLUSIONS

Recovery relies on time and rest for the nerve
Supportive care promotes natural healing and
Reduces complication risk

NB! No improvement within 4 weeks → seek medical consultation
Referral to rehabilitation



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